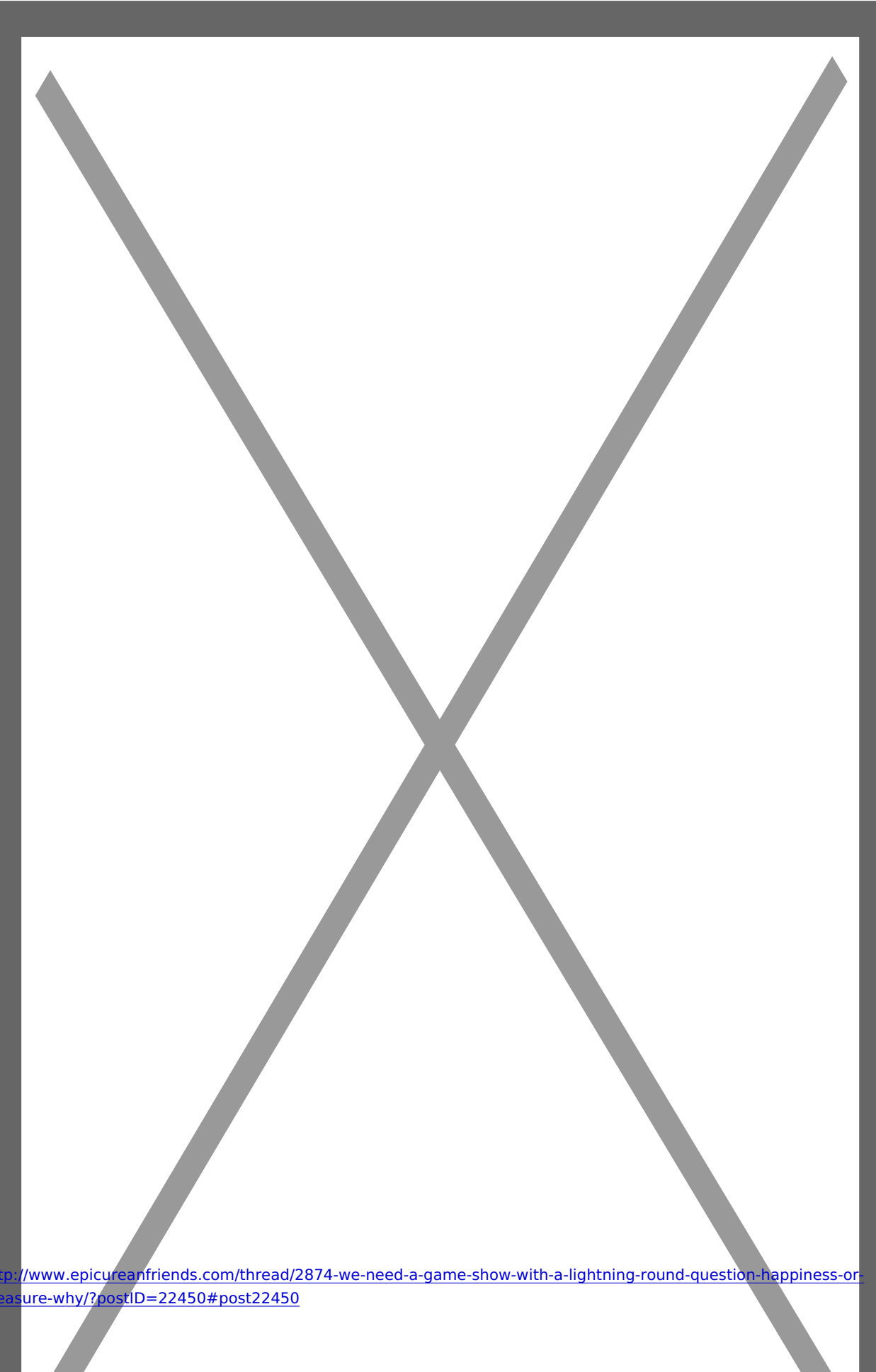


We Need A Game Show With A Lightning Round Question: "Happiness or Pleasure? - Why?"

Post by "Don" of February 5, 2023 at 8:42 AM

This discussion reminds me of Brene Brown's new book [Atlas of the Heart](#). I initially dismissed her as another Oprah acolyte, but in listening to a few podcasts and interviews, I became intrigued by this book. The website is at

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[Atlas Hub - Brené Brown](#)

A portal to understanding the emotions and experiences that make us human.

brenebrown.com

But I've also attached the PDF you can download there that lists the 87 human emotions she discusses in the book. I've found it interesting to look through (in a cursory way not in depth) those 87 and trying to categorize each as pleasure or pain since as we know "the feelings are two."

She lists "happiness" but I'd be curious how she describes it. One reason being that I think she does a good job in providing insightful details for each and I don't think she'd be "sloppy" with a definition for happiness. I was especially intrigued by her distinctions between awe vs wonder and also overwhelm vs stress.

Full disclosure: I haven't read the book in full but skimmed parts and seen some of her HBO show.

PS. Okay, I downloaded the audiobook from my library but it's harder to take notes from that. Anyway, Brown contrasts joy vs happiness and quotes a theologian who gives the Greek for those two: makarios for joy, khairo for happiness (note: NOT eudaimonia!). Makarios μακάριος is the word Epicurus uses to describe the gods' happiness and is often translated as blessed. Khairo χάρω is defined by LSJ as "to rejoice or take pleasure in a thing." Brown defines joy as a "sudden, unexpected, short lasting, high intensity emotion"; happiness is "stable, longer lasting, and normally the result of effort." I realize her decision to use joy and happiness to describe these feelings may be somewhat arbitrary, but I like her slicing and dicing the emotional spectrum. I also find it interesting to try to categorize each of the 87 like I said into pleasure or pain.